

WHAT IS CLAIMED IS:

1. A method to facilitate weight loss for a patient comprising:
 - A. administration of Citalopram; and
 - B. administration of Phentermine wherein said Citalopram and said
5 Phentermine are administered in an effective therapeutic range to effectuate weight loss.
2. A method according to claim 1 said effective therapeutic range comprising:
 - A. administration of 10 mg of Citalopram each day for a period of six days
10 followed by the administration of a dosage of between 10 mg and 80 mg of said Citalopram each day thereafter; and
 - B. the administration of 15 mg of said Phentermine each day for said period of six days followed by the administration of a dosage of between 15 mg and 60 mg of said Phentermine for each day thereafter.
- 15 3. A method according to claim 1 further comprising the administration of an effective amount of Diethylpropion each day.
4. A method according to claim 1 further comprising the administration of 5-Hydroxytryptophan each day.
5. A method according to claim 4 further comprising the administration of
20 vitamin B6 each day.
6. The method according to claim 5 further comprising the administration of vitamin C each day.
7. The method according to claim 6 further comprising the administration of Tyrosine, a multivitamin, calcium, and Lysine each day.
- 25 8. The method according to claim 7 further comprising the administration of:
 - A. 50 mg to 900 mg of 5-Hydroxytryptophan each day;
 - B. 2 mg to 150 mg of vitamin B6 each day;
 - C. 50 mg to 2000 mg of vitamin C each day;
 - D. 50 mg to 4000 mg of Tyrosine each day;
 - 30 E. 50 mg to 2000 mg calcium each day; and
 - F. 50 mg to 2000 mg of Lysine each day.

9. A method to facilitate weight loss for a patient comprising:
- A. administration of Citalopram; and
 - B. administration of Diethylpropion wherein said Citalopram and said Diethylpropion are administered in an effective therapeutic range to effectuate weight loss.
10. The method according to claim 9 said effective therapeutic range comprising:
- A. the administration of 10 mg of said Citalopram each day for a period of six days followed by the administration of a dosage between 10 mg and 80 mg of said Citalopram each day thereafter; and
 - B. the administration of 25 mg of said Diethylpropion each day for said period of six days followed by the administration of a dosage of between 25 mg and 75 mg of said Diethylpropion each day thereafter.
11. The method according to claim 9 further comprising the administration of an effective amount of Phentermine each day.
12. The method according to claim 9 further comprising the administration of 5-Hydroxytryptophan each day.
13. The method according to claim 9 further comprising the administration of vitamin B6 each day.
14. The method according to claim 13 further comprising the administration of vitamin C each day.
15. The method according to claim 14 further comprising the administration of Tyrosine, a multivitamin, calcium and Lysine each day.
16. The method according to claim 15 further comprising the administration of:
- A. 50 mg to 900 mg of 5-Hydroxytryptophan each day;
 - B. 2 mg to 150 mg of vitamin B6 each day;
 - C. 50 mg to 2000 mg of vitamin C each day;
 - D. 50 mg to 4000 mg of Tyrosine each day;
 - E. 50 mg to 2000 mg of calcium each day; and
 - F. 50 mg to 2000 mg of Lysine each day.

17. A method to facilitate weight loss for a patient comprising:
- A. administration of Citalopram;
 - B. administration of Diethylpropion; and
 - C. administration of Phentermine wherein said Citalopram, said
- 5 Diethylpropion, and said Phentermine are administered in an effective therapeutic range to effectuate weight loss.
18. The method according to claim 17, said effective therapeutic range comprising:
- A. the administration of 10 mg of said Citalopram each day for a period of
- 10 six days followed by the administration of a dosage of between 10 mg and 80 mg of said Citalopram each day thereafter;
- B. the administration of 15 mg of said Phentermine each day for said period of six days followed by the administration of a dosage of between 15 mg and 60 mg of said Phentermine each day thereafter; and
- 15 C. the administration of 25 mg of said Diethylpropion each day for said period of six days followed by the administration of a dosage of between 25 mg and 75 mg of said Diethylpropion each day thereafter.
19. The method according to claim 18 further comprising the administration of 5-Hydroxytryptophan each day.
- 20 20. The method according to claim 19 further comprising the administration of vitamin B6 each day.
21. The method according to claim 20 further comprising the administration of vitamin C each day.
22. The method according to claim 21 further comprising the administration
- 25 of Tyrosine, a multivitamin, calcium, and Lysine each day.
23. The method according to claim 22 further comprising the administration of :
- A. 50 mg to 900 mg of 5-Hydroxytryptophan each day;
 - B. 2-150 mg of vitamin B6 each day;
- 30 C. 50 mg to 2000 mg of vitamin C each day;
- D. 50 mg to 4000 mg of Tyrosine each day;

- E. 50 mg to 2000 mg of calcium each day; and
- F. 50 mg to 2000 mg of Lysine each day.
- 24. A method to facilitate weight loss for a patient comprising:
 - A. administration of a selective Serotonin reuptake inhibitor (SSRI);
 - 5 B. administration of Phentermine; and
 - C. administration of 5-Hydroxytryptophan, vitamin B6, and vitamin C, wherein said SSRI, said Phentermine, said 5-Hydroxytryptophan, said vitamin B6, and said vitamin C are administered in an effective therapeutic range to effectuate weight loss.
- 10 25. The method according to claim 24 said effective therapeutic range comprising:
 - A. the administration of 10 mg of said SSRI each day for a period of six days followed by the administration of a dosage between 10 mg and 80 mg of said SSRI each day thereafter;
 - 15 B. administration of 15 mg of said Phentermine each day for said period of six days followed by the administration of a dosage of between 15 mg and 60 mg of said Phentermine each day thereafter; and
 - C. the administration of 50 mg to 900 mg of said 5-Hydroxytryptophan each day, 2 mg to 150 mg of vitamin B6 each day, and 50 mg to 2000 mg of
 - 20 vitamin C each day.
- 26. The method of claim 25 further comprising the administration of Tyrosine, a multivitamin, calcium, and Lysine.
- 27. The according to claim 16 further comprising the administration of:
 - A. 50 mg to 4000 mg of Tyrosine each day;
 - 25 B. 50 mg to 2000 mg of calcium each day; and
 - C. 50 mg to 2000 mg of Lysine each day.
- 28. The method according to claim 1 wherein said administration of said Citalopram and the administration of said Phentermine is increased when said patient experiences low weight loss, said low weight loss comprising:
 - 30 said patient weight at a previous visit plus said patient current weight first divided by 2 and then multiplied by 10, less said current patient weight, less said

patient weight at said previous visit, multiplied by 3500, divided by the number of days between said previous visit and said current weight for the provision of a first sum;

- calculating a second sum by multiplying a patient goal weight by ten and
5 then divided by .8929; and

comparing said first sum to said second sum where low weight loss occurs when said first sum is larger than said second sum.

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